



MULTI-SERVICE SENIOR CENTER

40086 Paseo Padre Pkwy
Fremont CA 94538
www.fremont.gov

Ticket Information: 790-6610
Office: 790-6600



LUNCH MENU AUGUST 2006

Vegetarian Option Available by prior arrangement with Chef
Please speak to the Chef before 10:00 am for special dietary needs.
**To Go Tickets Must Be Deposited At The Large Kitchen
Window Immediately After Purchase**

LUNCH: 12:00 NOON

Members: \$4.00

Non Members: \$6.00



TICKETS SOLD:

**FIRST-COME, FIRST SERVED
NO REFUNDS, NO EXCHANGES**

Frozen Meals When Available:

M,W,TH - \$2.50 m & \$3.25 n-m

T & F - 3/ \$5 m & 3/ \$6 n-m

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 31</p> <p>Spaghetti w/Meat Sauce, Garlic Bread, Vegetable, Salad, Dessert</p>	<p>1</p> <p>Grilled Salmon, Vegetable, Salad, Roll Dessert</p>	<p>2</p> <p>Spinach & Ricotta Stuffed Pasta Shells, Roll, Salad, Vegetable, Dessert</p>	<p>3</p> <p>Garlic Chicken, Multi-grain Rice Pilaf, Salad, Garlic Bread, Vegetable, Dessert</p>	<p>4</p> <p>Crab Cakes with Tartar Sauce, Cole Slaw, Tater Tots, Roll, Dessert</p>
<p>7</p> <p>Chicken Enchiladas, Beans, Spanish Rice, Vegetable, Roll, Dessert</p>	<p>8</p> <p>Medallions of Beef w/Sauce Bordelaise, Roll, Roasted Red Potatoes, Salad, Veg., Dessert</p>	<p>9</p> <p>Roasted Pork, Red Cabbage w/Apples, Salad, Potatoes, Roll, Dessert</p>	<p>10</p> <p>Lamb Shanks, Garlic Mashed Potatoes, Salad, Vegetable, Roll, Dessert</p>	<p>\$5 & \$7 11</p> <p>Birthday Party Day! Baked Soul w/Shrimp Sauce Steamed Rice, Vegetable, Salad, Roll, Dessert</p>
<p>14</p> <p>Chicken Cordon Bleu, Orzo, Vegetable, Salad, Roll, Dessert</p>	<p>15</p> <p>Brisket of Beef, BBQ Sauce, Vegetable, Salad, Roll, Dessert</p>	<p>16</p> <p>TACO SALAD Dessert</p>	<p>17</p> <p>Shrimp Creole with Rice, Salad, Vegetable, Roll, Dessert</p>	<p>18</p> <p>Braised Beef W/ Mashed Potatoes & Gravy, Vegetable, Salad, Roll, Dessert</p>
<p>21</p> <p>Chicken Primavera over Pasta Garlic Bread, Vegetable, Salad, Roll, Dessert</p>	<p>22</p> <p>Honey Mustard Glazed Salmon, Rice Pilaf Vegetable, Roll, Dessert</p>	<p>23</p> <p>BBQ Tri Tip, Baked Beans, Cole Slaw, Corn on the Cob, Roll, Dessert</p>	<p>24</p> <p>Chicken Parmesan W/Marinara Sauce over Orzo, Salad, Roll, Dessert</p>	<p>25</p> <p>Sweet & Sour Fish, Steamed Rice, Bok Choy, Salad, Roll, Dessert</p>
<p>28</p> <p>Swiss Steak, Vegetable Steamed Rice, Salad, Roll, Dessert</p>	<p>29</p> <p>Egg Plant Parmesan w/ Pasta, Garlic Bread, Salad Vegetable, Dessert</p>	<p>30</p> <p>BBQ Kabobs of Shrimp & Chicken over Rice, Salad, Roll, Dessert</p>	<p>31</p> <p>Beef Stroganoff over Pasta, Salad, Roll, Dessert</p>	<p>September 1</p> <p>Oven Roasted Pork Loin, Parslied Potatoes, Veg., Salad, Roll, Dessert</p>

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk.
Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.